

THE ROAR!

STUDENT NEWS

WEEK OF OCTOBER 30, 2023



THIS WEEK'S EVENTS

Monday, Oct. 30

- Haunted House by Program Board, 11 am-1 pm, L 1757-1770, Library Bldg.
- Halloween Crafts with Program Board & Psychology Department, 11 am-1 pm, Overlook, Kopp Student Center

Tuesday, Oct. 31

- Haunted House by Program Board, 11 am-1 pm, L 1757-1770, Library Bldg.
- Halloween Party with Program Board, 12-4 pm, Garden Room, Lower level - Kopp Student Center

Wednesday, Nov. 1

- Work on Your Well-being, between 10-11 am and 3-4 pm: Join us for a You@Normandale Virtual Drop-

in. Learn how to use this Normandale app! Zoom link: <https://minnstate-health.zoom.us/j/6533298685>

- Spin the Feelings Wheel, 11 am-1 pm*, 2nd floor balcony - College Services Bldg.
- Haunted House by Program Board, 11 am-1 pm, L 1757-1770, Library Bldg.
- Somali Student Success Workshop, 2 pm, C 2103, College Services Bldg.
- Halloween Movie with Program Board, 3-5 pm, Overlook, Kopp Student Center
- Asian Cultural Club Meeting, 4-5 pm, K 1450, Kopp Student Center

FEATURED

Normandale Program Board presents:

Halloween Event

Oct. 30 - Nov. 1, Various locations (see below)

Join Program Board in collaboration with Senate, PTK, the Psychology department, the Theatre department, Art Club, Asian Cultural Club, Creative Writing Club, the Facilities team and more in celebrating Halloween!

- **10/30-11/1:** Haunted House, 11 am-2 pm, L 1757-L 1770 - 1st Floor, Library Bldg.
- **10/30:** Halloween Crafts with NPB & the Psychology department - Pumpkin painting, stress ball making, face painting, 11 am-1 pm, Overlook, Kopp Student Center
- **10/31:** Halloween Party, 12-4 pm, Garden Room - WEAR COSTUMES (school appropriate please)
- **11/1:** Halloween Movie, 3-5 pm, Overlook, Kopp Student Center

If you have questions or for further information, email Normandale Program Board president Chhayheang Chea at chhayheang.chea@my.normandale.edu or VP Rochelle Nibbe at rochelle.nibbe@my.normandale.edu.

Spring & Summer 2024 Course Registration is Open to All!

Students can register for their spring and summer courses in [eServices](#) under "Courses & Registration".

For assistance with course planning, students may schedule an advising appointment with an Academic Advisor [here](#) or call 952-358-8261. For quick questions, use live online [Advising Chat](#), or stop into on-campus [Express Advising](#).

For questions about registration holds, financial aid, billing and transcripts, contact Student Services during [Drop-In hours](#), at studentservices@normandale.edu, through [live online chat](#) or 952-358-8100.

Fall Priority Deadline for Graduation is November 1

Students completing a degree or certificate in Fall semester should [apply for graduation](#) by November 1!

Students can [connect with an advisor](#) for support with this process, such as:

- Reviewing degree audit to confirm requirements are met.
- Helping navigate the graduation application process.
- Answering transfer questions.



New Palestinian Club Looking for Members

We are trying to start a new club at Normandale. The club would be to educate, create awareness and

solidarity with the people of Palestine. If you are concerned or interested in the plight of the Palestinian people, this is the club for you. If you just want to learn more about the Palestinian people, this is the club for you.

If you are interested in joining or just finding out more, please contact me at:
michael.runyon@my.normandale.edu

Well-Being Wednesdays

Promote your well-being by participating in the following activities on Wednesdays in November:

- **Spin the Feelings Wheel, Nov. 1, 11 am-1 pm***: Learn about how thinking, behavior, and feelings intersect. Win prizes!
- **Work on Your Well-being, Nov. 1, between 10-11 am and 3-4 pm**: Join us for a You@Normandale Virtual Drop-in. Learn how to use this Normandale app! Zoom link: <https://minnstate-health.zoom.us/j/6533298685>
- **Hop on Maggie the Art Bus, Nov. 8, 10 am-4 pm**: Find us outside the main entrance of the College Services Bldg. and make an art project about what gives you hope.
- **Mental Health Check-up, Nov. 15, 11 am-1 pm***: Stop by to learn how to get a quick check-up.
- **Benefits of Gratitude, Nov. 22, 11 am-1 pm***: Explore all the benefits and pick up a free gratitude journal.
- **Managing Stress Workshop, Nov. 29, 12-1 pm**: Participate in a Virtual Workshop as we head toward the end of the semester. Zoom link: <https://minnstate-health.zoom.us/j/93811448128>

*Location: 2nd floor balcony - College Services Bldg.

If you have questions, email advising@normandale.edu.

Hidden in Plain Sight: Turning Everyday Experiences into Interview Gold

Wednesday, Nov. 1, 12:30-1 pm, Log-in [here](#) on the day of the event

Dive into the power of personal narratives as we unearth the potential of everyday experiences to shine in job interviews. This talk emphasizes foundational and advanced storytelling techniques and will help empower you to turn perceived disadvantages into unique strengths. Presented by Normandale Alumni, Justin Dux. Justin has helped over 500 people pivot into new industries with no prior experience.

If you have questions, email internship@normandale.edu.

Somali Student Success Workshops

Wednesday, Nov. 1, 2 pm, C 2103 - College Services Bldg.

The **Somali Student Success** workshop series meets the **first Wednesday each month** to offer support, connection, and tools to help students navigate college.

- Join us **November 1** and **December 6**. Sign up [here](#).

If you have questions, email Academic Advisors Abdirahman Abdirahman at abdirahman.abdirahman@normandale.edu or Sharmarke Ahmed at sharmarke.ahmed@normandale.edu.

Transfer Partner Events

Stop by and learn more about academic programs, deadlines, and scholarships. Tabling is located across from

the Office of Admissions, 1st Floor - College Services Bldg.

- University of St. Thomas: Monday, Oct. 30, 9:30-11:30 am
- College of Saint Benedict/Saint John's University: Tuesday, Oct. 31, 9:30-11:30 am
- Concordia University St. Paul Nursing: Tuesday, Oct. 31, 12-2 pm
- Winona State University: Wednesday, Nov. 1, 9:30-11:30 am
- Metro State University: Thursday, Nov. 2, 12-2 pm

Winter Clothing Donations Through Friday, Nov. 3

Normandale's Leadership Through Service program and the Campus Cupboard are accepting **donations of winter clothes** (winter coats/jackets, hats, scarves, mittens, gloves, boots, and winter socks) now through Friday, Nov. 3. All clothes should be clean and in good condition. Clothing will be distributed to Normandale students through the Campus Cupboard.

- Donate at the Campus Cupboard (A 1565), Monday-Thursday, 8 am-5 pm and Friday, 8 am-4:30 pm.

If you have questions, email paige.wheeler@normandale.edu or call 952-358-9074.

CAMPUS RESOURCES

Help Signing Up for Health Insurance through MNsure

Monday, Nov. 13, 2-4 pm, Student Resource Center (by appt. only)

Visit with a MNsure Navigator from Southside Community Health Services who will assist you signing up for health insurance through [MNsure](#), Minnesota's health insurance marketplace. Meetings are **by appointment only**; [sign up for an appointment](#). Appointments can be in English or Spanish. If the appointment times are filled and you would like assistance signing up for health insurance through MNsure you can reach out to the [Southside Community Services MNsure Navigator team](#) by calling 612-827-7181.

If you have questions email Student Resource Center Coordinator Paige Wheeler, paige.wheeler@normandale.edu or call 952-358-9074.

IMPORTANT DATES/DEADLINES

Mark Your Calendar

- Oct 30: Spring/Summer registration begins – new/visiting students
- Nov 1: Graduation application deadline
- Nov 10: Veteran's Day - no classes
- Nov 23-25: Holiday, Thanksgiving - no classes
- Dec 11-15: Final exams



WWW.NORMANDEALE.EDU/CALENDAR

Announce your event! Submit title, time, date, location, and event description to studentlife@normandale.edu.

The Roar Student News is a publication of the Office of Student Life.

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